



Ottawa metro



HOUSE OF CARDS
Season 4:
Cynical and silly, writes
Johanna Schneller
metroLIFE

Your essential daily news | THURSDAY, MARCH 17, 2016

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WHEN SEX MEETS CREATIVITY

Married couple to discuss intimacy and disability at Ottawa workshop
metroNEWS



COURTESY JAMIESON DEAN PHOTOGRAPHY

Monument to Lord Stanley

THE CUP

Canadian artists, designers invited to submit work for competition



Haley Ritchie
Metro | Ottawa

A design competition to create a monument to the Stanley Cup that would be installed next year on Sparks Street is set to kick off Friday.

The Lord Stanley Memorial Monument group announced Wednesday that it will have a news conference later in the week to invite Canadian artists and designers to submit their designs.

The winning design will be announced in November and installed at the corner of Sparks Street and Elgin Street in 2017.

The unveiling date links up to a laundry list of milestones, including Canada's 150th anniversary, the

125th anniversary of the Stanley Cup, the 100th anniversary of the National Hockey League and the 25th anniversary of the Ottawa Senators.

"To mark these anniversaries, a celebratory work of public art will be unveiled in Ottawa, the birthplace of the Stanley Cup," explains a dramatic voiceover in an online video posted Wednesday.

"The design will move us and cause us to reflect on the sport of hockey, its ties to our national identity and the pursuit of excellence," continues the narrator.

The monument had an original fundraising goal of \$7 million, which was later reduced to \$4.5 million. This time last year the non-profit was struggling to close the fundraising gap, even with the smaller goal.

Spokeswoman Sylvie Bigras said the group will be announcing Friday that they've reached a goal of \$4.2 million. The Department of Canadian Heritage, the Ottawa Senators, the NHL, the City of Ottawa and a number of private donors are all on board as financial partners.



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5

THINGS TO KNOW ABOUT YOUR DRINKING HABITS

Just in time for St. Patrick's Day, Ottawa Public Health has come out with a quiz to check your drinking habits. Fill in your information and it will tell you what consequences your drinking habits have on your health, your wallet and your weight. Here are five things the agency wants you to know. **ASHLEY MOFFATT METRO**



1 Are you a heavy drinker?

Statistics Canada defines heavy drinking as having five or more drinks a day, 12 times or more over a year-long period. In 2008, the agency estimated that binge drinking was more common among teenagers and young adults than smoking.



2 Your wallet might be able to tell you

If you drink an average of two-to-three times a week, you're spending about \$2,353 a year on booze. If fancier cocktails are more to your liking, that amount jumps to about \$2,496 — and this doesn't take into account any binge drinking on holidays.



3 You can still have your end-of-day nightcap

The quiz recommends women limit their drinks to 10 a week, with no more than two a day. The limit for men is slightly higher — 15 drinks a week, or no more than three a day. The agency does advise, however, that it's best to cut down on your drinking if you suffer from a health problem.



Still want to take the quiz? It's at:
<http://www.checkyourdrinking.net/>

4 A glass of wine per night doesn't help your heart much if you're younger

The quiz breaks down how your body processes the alcohol you consume — but the long-touted line of a glass of wine before dinner being good for your heart isn't necessarily true for everyone. Younger people have an inherently lower risk of heart disease, so your drink won't significantly lower your chances of a heart attack. What's more, having four drinks a day over a prolonged period of time could do some damage.



5 People drink less than you think



Had five or more drinks today? That's a "heavy drinking day" in Ottawa Public Health's book. Based on data gathered by the group Check Your Drinking, 39 per cent of women between the ages of 25 and 34 never have heavy drinking days. For men in that age group, the number falls to 22 per cent — while 30 per cent of men between 25 and 34 years of age reported having a heavy drinking day at least once a month.



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Clue#5

This just in! The competition is reported to be at the biggest airport in Canada with the SUPERSTRUCTURE™ and they're about to fly it to their secret headquarters! What city is this airport in?

Hint:

It is 1 of these 3 cities:

- A) Calgary
- B) Vancouver
- C) Toronto

We are so close to finding it! Google™ "biggest airport in Canada" if you need a little more help with the answer!



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One resident emailed this photo purporting to show dead cockroaches in the kitchen at the YMCA shelter on Argyle Street. The photo was taken in January, but the resident claims the infestation is still an issue. CONTRIBUTED

If it ain't the bugs, it's the burns

SHELTERS

YMCA residents complaining of scalding water, creepy crawlies



Joe Lofaro
Metro | Ottawa

Some residents at the YMCA shelter on Argyle Street claim their complaints about cockroach infestations and "boiling" hot water in their faucets are not being addressed.

"It's hell," one woman told Metro. "Something needs to be

done about this.

"You can't take a proper shower without getting burned. As soon as you turn those waters on, the first thing that's going to happen is boiling-hot water is going on your skin."

She spoke to Metro on the condition that we wouldn't publish her name because she fears she'll get kicked out of the shelter.

But the YMCA's management says it has already dealt with the hot water and pest issues.

The woman claims the kitchen she used was infested with dozens of cockroaches in December and January. She was moved to another room but says the cockroach and hot water

problems persist.

She sent Metro multiple photos purporting to show dead cockroaches at the shelter stuck to an adhesive trap.

"I keep going to talk to them, and they keep saying that it's going to be dealt with, and nothing gets dealt with. We've been having to deal with hot showers for months and months," she said.

"It's inhumane, and human beings shouldn't be dealing with this kind of nonsense. And it's not healthy."

Another shelter resident, who also requested anonymity for fear of being kicked out, claims his neighbours used to keep a "dirty" living area, which



Human beings shouldn't be dealing with this kind of nonsense.

Anonymous resident

attracted the little critters. The neighbours are cleaner now, but the man said he still sees cockroaches in the bathroom.

"If I was to turn off the lights in the toilet now and wait, like, 10 minutes and turn them back on, I would find four or five cockroaches running around the toilet," he said.

Scalding water is an issue for

him as well, he said.

The man told Metro he complained to YMCA management four months ago but it seems little has been done.

Bob Gallagher, president and CEO of the YMCA-YWCA for the National Capital Region, acknowledged a cockroach infestation was fixed in the new year and the hot water problems were addressed last month.

"If they say this happened yesterday, then they're not telling us their concerns," he said Wednesday.

Last summer, the YMCA hired a firm to design and plan renovations to the building's plumbing system on two floors, which was approved.

Gallagher said later that staff noticed the completed work "didn't meet the standards that we would expect." After an internal investigation, the YMCA decided to have the contracted plumbers replace pipes on all affected units "as they became problematic."

As of last month, all plumbing problems were addressed, according to Gallagher.

As for the creepy crawlers, Gallagher maintains a pest-control inspector came to the shelter in the new year to address the infestation and he was given the all-clear. He said he was not aware of any new complaints.

"We take what we do very seriously," he said.

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Morale not so bad: Board

OTTAWA POLICE

Chairman says mass email not a reflection of force's feelings



Joe Lofaro
Metro | Ottawa

A veteran constable's mass email to Ottawa Police — which cast the force as “corrupt” and one that treats its officers unfairly — does not speak for the entire service, says the head of the Ottawa Police Services Board.

Coun. Eli El-Chantiry said he has seen the email that Const. Paul Heffler sent Monday to the entire force, which argued officers aren't supported, the will to work in patrol has eroded, and the service suffers from “an inbred system of self promotion.”

Matt Skof, president of the Ottawa Police Association, told Metro the email is reflective of a collective feeling of frustration on the part of Ottawa police officers who have been chronically under-



Police Chief Charles Bordeleau would not comment on the email. ADRIAN WYLD/THE CANADIAN PRESS

staffed for some time.

But El-Chantiry, who heads the civilian body that oversees the police service, disagrees the problem is as widespread as the police union head suggests.

“We have great people, great morale. If you're talking about one individual letter out of 2,000 employees and you want to go a lot on it, go ahead,” he said.

Heffler's email came four hours after Police Chief Charles Bordeleau's open letter to residents on Monday, which said police rely on the support of community organizations and residents to solve violent crime.

The bluntly worded email criticized the police service for routinely taking officers off their sections to be rotated back to patrol — a move Skof

said is seen as “punitive.”

“Proactive policing, where rubber meets the road, namely patrol, has driven out of this service,” wrote Heffler.

“There are few services and business that pay their employees \$100,000.00 salaries and treat them like they are dime store security guards.”

Bordeleau declined to comment on the email.

SPECIAL EVENT

Pride plans revealed



Haley Ritchie
Metro | Ottawa

Ottawa's Capital Pride organizers made their first announcement of 2016 on Wednesday with four new events focused on encouraging diversity in festivities.

“We have renewed our efforts to make the festival more accessible and relevant to a greater number of people,” reads the release.

This year the festival will take place from Aug. 15 to 21 and has 90 different performing artists on board to date.

Most are from Ottawa and over half are indigenous, people of colour and trans. The schedule of performers is expected in April and will span two stages, including one dedicated to being an alcohol-free zone.

This year organizations that don't have the money required for fancy floats will also be included with a competition that will give five different groups the resources to design and construct a float on a flat bed.

The festival this year also includes an event called Queer-Con that will take place Aug. 19. Queer writers and artists

+ FEST FACTS

- 65%** Proportion of performers from the Ottawa region
- 90%** Proportion of performers who self-identify as belonging to the queer community
- 50%** Proportion of artists who are indigenous, people of colour, and Trans performers.

will be featured with a focus on how the graphic novel genre and alternative presses have allowed “queer creators” to flourish.

Special funding from the City of Ottawa Heritage Funding program means the festival will sponsor research into local LGBT/queer history.

Last year was the first Pride organized by the new organization, which took over after a 2014 bankruptcy. Audits from 2015 show the festival managed to finish the year with \$23,475 in extra revenue after expenses.

INFRASTRUCTURE

H2O: What you need to know

Water bills are changing soon — Metro explains why



Emma Jackson
Metro | Ottawa

Ottawa's water revenue is drying up just as infrastructure costs are flooding the budget. So where does that leave the ratepayer?

The issue

Water and sewer services are covered entirely by local water bills, so as consumption volumes have dropped to 1980 levels, the city has less cash to maintain its network of sewers, water mains and treatment facilities.

It needs to fund \$2.7 billion in infrastructure upgrades over the next 10 years — including a new sewage storage tunnel — but in 2014 alone revenues fell short by about \$20 million.

Quick fix

Like a waitress with weird hours, the program's income varies but its costs are fixed. To add some stability, staff

propose a new base fee for all water users, with volume-based charges on top.

Similar to your hydro delivery charge, this new fee would stabilize about 20 per cent of the city's water costs.

Stormy weather

Stormwater services are proving a touchy subject in rural parts, where residents on well and septic currently don't pay into the system, even though the city spends \$8 million a year on rural ditches, culverts and drainage ponds.

The problem is that stormwater fees are currently tied to water consumption, even though the two are not even remotely related.

Fixed stormwater fee

That's going to change so that residents on private wells pay their “fair share” for the services they get, city staff have said.

“Right now urban (residents are) footing the bill,” said deputy treasurer Isabelle Jasmin.

The new fixed stormwater fee could be based on property

value, the amount of pavement or a flat rate — public consultations next week will help staff decide.

How your bill will change

For most residents, changes should be “minimal,” Jasmin said.

Conservation-savvy consumers might be punished slightly by the new fixed water fee, which will no longer be tied to their low consumption.

High-volume users, meanwhile, might actually catch a break, Jasmin said.

But stormwater costs will be shared more broadly across the city, so it might all come out in the wash.

Of course, if you're on private services you can expect an extra bill you didn't have before.

Have your say

There are eight consultations planned across Ottawa between March 21 and April 7.

Check ottawa.ca for details..



Right now urban (residents are) footing the bill.

Deputy treasurer Isabelle Jasmin, talking about need for fixed stormwater fee

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Safe sites limit harm: Wynne

HEALTH

Risk-reduction policies lower drug overdoses: Medical official

Premier Kathleen Wynne spoke Wednesday about the importance of harm reduction policies, as Toronto looks at safe-injection sites.

The city's medical officer of health recommended in a report this week that the sites be integrated into existing harm-reduction programs in Toronto because they will save lives.

Wynne echoed those comments after an unrelated announcement.

"I think that as a society we have to do everything we can to implement the policies like harm reduction that will save people's lives, will make communities safer and will allow people to be functioning members of society," she said.

The sites provide safe, hygienic environments for people to inject pre-obtained drugs under a nurse's supervision.

When asked if she supported Toronto or other cities setting up supervised injection sites, Wynne said those municipalities need to make those decisions.

"These are not easy questions," she said. "But I do think ... there are good models in other jurisdictions that Toronto is looking at."

There are two such models in Vancouver, where the Insite supervised injection site became North America's first legal clinic of its kind in 2003 as part of a harm-reduction plan to tackle an epidemic of HIV-AIDS and drug overdose deaths in that city. There have been no overdose deaths at Insite, despite 1,500 overdose interventions.

Toronto's Chief Medical Officer of Health, Dr. David McKeown, said the number of people dying from drug overdoses in the city has risen from 146 in 2004 to more than 200 people in 2013,

“There are good models in other jurisdictions that Toronto is looking at.”

Kathleen Wynne

which is the most recent data available.

Toronto is holding public meetings on the safe-injection site proposal, however final approval for safe-injection sites rests with the federal government under the Controlled Drugs and Substances Act.

When Vancouver's second site was approved earlier this year, Health Minister Jane Philpott said that international and Canadian evidence shows that safe-injection sites have the potential to save lives and improve health without increasing drug use and crime in surrounding areas.

THE CANADIAN PRESS



Ontario premier Kathleen Wynne says society has a responsibility to implement harm reduction policies, as Toronto looks at safe-injection sites. CARLOS OSORIO/TORSTAR NEWS SERVICE

TAXI INDUSTRY

Review due out by April

Emma Jackson
Metro | Ottawa

Ottawa cabbies will finally get a glimpse of their future at a special meeting April 7.

It's expected to reimagine Ottawa's taxi industry, which has been seething since ride-share company Uber joined the fray in 2014.

Offering rides through Uber is technically illegal right now. To date, bylaw officers have laid 174 charges against 78 drivers.

Traditional taxi drivers have held protests and rallies against the app-based company, which they say has had a massive impact on business.

In light of the turmoil, Mayor Jim Watson expedited the city's bylaw review by several months in August, asking staff to have studies in hand by the end of 2015. The final recommendations were to be released March 31 at 4 p.m., said local taxi union president Amrik Singh.

When politics happens

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Natalie and Tim Rose have been together since 2010, and talking openly about their sex life — with each other and the world — since Day 1. COURTESY JAMIESON DEAN PHOTOGRAPHY

The disabled can have good sex too

INTIMACY

Creative pair shares what they learned at workshop



Emma Jackson
Metro | Ottawa

When it comes to sex, a little creativity can go a long way.

That's certainly true for Tim and Natalie Rose, who will lead a workshop at Venus Envy next week on the lessons disability can teach us about sex.

"When you have a disability you have to get creative, there's no ifs, ands or buts about it," said Tim, who has cerebral palsy and uses an electric wheelchair.

His wife is able-bodied (she prefers "non-disabled") and they both had quite the learning curve when they started dating in 2010.

"Where do you go when you're the partner of a disabled person and you're thinking, 'How can I have sex with them?'" Natalie said.

Turns out, very few places. So, like it or not, they just had to talk it out, she said.

"I can't just pick up the Kama Sutra and pick out a new position," Natalie said. "So we were able to figure out what works for us."

Tim does have very real limitations.

He needs equipment to get in and out of bed, for example, and he's had the odd "wonderfully embarrassing" bathroom incident.

Some positions and techniques he just can't pull off.

"Spontaneity isn't really my thing," he joked.

But with good communication came true intimacy — and a sex life Tim said is possibly better than those of so-called "normal" couples who still treat sex as taboo.

Through some bedroom real talk, he and his wife have

“

Spontaneity isn't really my thing.

Tim Rose, speaking tongue-in-cheek

discovered new positions, new toys including his \$30,000 wheelchair — which, he says, is the biggest toy of all — and new ways of doing things.

"It's all very creative and fun and sexy, and we like it that way," Tim said.

The workshop next Wednesday night is for people of all abilities, he said, because the lessons are universal: being present, being open and, in the end, getting the lovin' you want.

"Assumptions about another person's sex life are the biggest mistake you can make," he said.

The workshop runs from 7:30 to 9:30 p.m. on March 23.

Tickets are \$25, or \$15 for students and people on low incomes.

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Nazila Khalkhali, a trilingual translator, started the Multicultural Book Club at the Ottawa Public Library. LUCY SCHOLEY/METRO

LITERATURE

Book club dips into cultural difference

An Ottawa translator wants book lovers to read best-selling page-turners through different cultural lenses.

Nazila Khalkhali, a trilingual translator (English, French and Persian) who teaches at La Cite Collegiale, hosts a regular Multicultural Book Club at the main branch of the Ottawa Public Library.

So far, the group has discussed the many translations of Margaret Atwood's *The Handmaid's Tale*, Khaled Hosseini's *The Kite Runner*, Isabelle Allende's *The House of the Spirits* and Naguib Mahfouz's *The Harafish*.

It's not just the translations — or their censored content — that differ between cultures, but the societal feedback. Even the book covers change from country to country.

"It's just about one story,

but every society can see it from different aspects," Khalkhali said.

In Khalkhali's home country of Iran, people might pay more attention to the garb women must wear or the warring societies in *The Handmaid's Tale*. But Canadians might pick up more on feminist themes, said Khalkhali.

The Multicultural Book Club meets on the third Thursday of every month at 4 p.m.

If you can make it out on this afternoon, the group will be discussing Orhan Pamuk's *My Name is Red*. Unless you're a speed reader, you probably won't have time to read the whole thing, but that's OK. Khalkhali starts every session with an intro to the book. The club welcomes anyone to sit in and contribute.

LUCY SCHOLEY/METRO

Aid for struggling youth

MENTAL HEALTH

\$307,200 grant funds two jobs, home therapy



Lucy Scholey
Metro | Ottawa

Mental-health service providers in Ottawa are getting a provincial funding boost to help

struggling children and teens.

On Wednesday, the province announced a \$307,200 annual grant for child and youth mental health services in Ottawa.

That funding will pay the salaries of two French-speaking mental health workers at the Centre Psychosocial in Vanier and allow Crossroads Children's Centre to provide more in-home therapy to kids and their families. Crossroads has also partnered with the Chil-

dren's Hospital of Eastern Ontario for this program.

"It's a very intensive service," said Joanne Lowe, executive director of the Youth Services Bureau of Ottawa, "so the more people you have wrapped around a family, the greater chance it's going to be successful."

Through this program, Crossroads plans to serve 214 more young people in the area.

A 2015 Children's Mental Health Ontario report says

many youth wait at least a year for serious mental health counselling treatment. According to the report, 70 per cent of adult mental health struggles stem from adolescence.

This latest mental health funding is a slice of the \$6 million province-wide investment for children and youth mental health services. It will fund the hiring of 80 new workers with the goal of helping 4,000 more kids and their families.

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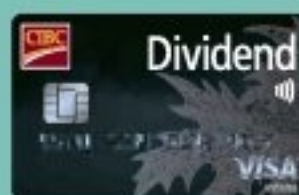


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MUSIC

Kick off your weekend with a genre-spanning all-45s set



Trevor Greenway
Metro | Ottawa

If you're wandering around Kinko Lounge on Friday night and happen to spot an Alien, don't worry — he's really friendly.

He's not out to abduct curious believers up to his ship of otherworldly experiments. He's not interested in you taking him to your leader, or your dealer. No, Mat The Alien has been sent to Planet Ottawa on a top-secret mission, with one clear objective: Make as many people dance as possible.

And his only weapon is seven inches of wax.

"When you play the 45s, everything about it is more difficult," says Mat Andrew, as he is known by day.

"They skip, they are crackly, they are small and you have to be really careful, but it's really fun because it brings it back to real DJing and playing records. It's becoming a lost art. Not that there is anything wrong with it, but a lot of people who are playing electronic music are just

Alien invasion



Mat The Alien and Mike The Gaff are bringing "real DJing" back to Kinko Lounge on Friday. CONTRIBUTED

pressing play and even some of the programs will mix for you and there is creative ways in that, but this brings it back."

It's not surprising that a guy like Andrew still has mad respect for vinyl — he literally grew up surrounded by wax.

His dad opened up Vibes Records in England in 1978, which eventually became the top independent record store in the U.K. The record shop became Andrew's second home, the place where other local DJs would gather to scoop the latest underground jungle beat; the

place where he got his start as a DJ at 14 years old — long before he would be old enough to gig at a club.

The 42-year-old DJ and father (his son's name is E.T. — not joking) has watched the entire DJ industry grow from a toddler into a full-grown person; from the sinister little trouble-making and curious scene it was in underground Manchester, to the massive monster it has become today.

He's survived through the digital takeover where button pushers have become gods to

their screaming fans, dropping the same formulaic beat over looping vocals, a crescendo, build-up and drop — casting the crowd into a collective, trite 128 bpm hum.

Mat The Alien sets are different. They're a trip on his sonic spaceship, hitting warp speed back to eras when listening to an entire album was the norm; when there was no iTunes or YouTube to take listeners directly to only the hits.

"Even the whole art form of the album, putting an album on from beginning to end, gets

lost in the digital because you put it on your phone and it gets lost," adds Andrew. "It's good to bring that element back."

Travelling around clubs armed with crates of wax records and playing everything from '70s rare groove beats to new heavy dance tracks is starting to change that mentality.

The whole "Real DJing" movement is gaining ground, with older DJs going back to their record collections and pulling out gems they haven't dropped in years. And the crowds are listening.

Last year's 7 Inches of Pleasure Tour, featuring DJs Illo, Pump, Vinyl Ritchie and DJ Premiere was a major hit at Babylon. Since that show, there have been scores of "Real DJing" shows in Ottawa — from Miami's DJ Craze to local selectors DJ Magnificent and Trevor Walker putting on classic vinyl house sets at Mercury Lounge.

Big ups to these guys for not abandoning the craft, or buckling under the pressure and ease of going digital.

"I think every now and then, scenes get steered away by money or the masses, but then after a while you have to take a step back and say, 'Why did I get into this and where do I want this to go?'" adds Andrew.

Mat The Alien will be sharing the decks with future funk DJ Mike The Gaff and the pair will be tossing everything together from funk and hip hop to future beats that you may or may not recognize. And it'll likely get a little weird with an Alien at the helm.

"We'll drop some new bits, some old bits, some weird stuff, some recognizable stuff, some heavy stuff, some mellower stuff," he says.

The party starts at 9 p.m. with DJ Magnificent and Ray-Ray heating the dance floor up with an all-45s set. Tickets are just \$7 before 11 p.m.

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Prime Minister Justin Trudeau meets with UN Secretary-General Ban Ki-moon at the United Nations in New York on Wednesday.
KENA BETANCUR/AFP/GETTY IMAGES

SYRIA

Next priority: Finding jobs for refugees

Progress has been made on finding housing for Syrian refugees but the next big challenge is getting them a job, Immigration Minister John McCallum said Wednesday.

Recent figures suggest 69 per cent of the refugees outside Quebec have found permanent accommodation, up from 52 per cent a few weeks ago, he said.

"When you have huge numbers of refugees coming in at the same time, you never solve the problem overnight," McCallum

noted. "There are always hiccups and bumps along the road, but I think the speed with which the housing issue has been addressed augurs well."

The numbers don't include those from Quebec, which has its own program and where housing hasn't created the same dilemmas as in the rest of the country.

McCallum says the problem was most pronounced in larger cities like Vancouver and Toronto, where 50 per cent of refugees have now found homes, up from

30 per cent a few weeks ago.

The immigration minister says most should be housed by the end of April and the rest by the end of June.

The Trudeau government met its initial goal of accepting 25,000 Syrian refugees at the end of February. Finding jobs becomes the next priority, and McCallum is speaking this week with industry representatives.

Government-sponsored refugees don't often have a lot of education, but McCallum is con-

fident refugees will be able to find work after getting some language education.

"I know there are many companies keen to employ these individuals and I know there are many industries in Canada with relatively low-skilled labour that have had chronic problems filling those jobs," McCallum said.

He was speaking at the Foundation of Greater Montreal's announcement of \$750,000 worth of aid to local groups sponsoring Syrian refugees. THE CANADIAN PRESS

Canada to 'step up'

UNITED NATIONS

Trudeau aims to win back seat on security council in 2021

Canada will vie to win back a seat on the United Nations Security Council, Prime Minister Justin Trudeau says.

"We are determined to help the UN make even greater strides in support of its goals for all humanity," Trudeau said Wednesday in the lobby of UN headquarters in New York.

"My friends, it's time. It's time for Canada to step up once again," Trudeau said.

Canada will seek to win back a seat for the 2021-2022 term, Trudeau said.

As he made his much-anticipated announcement, Trudeau said that Canada has a long and honoured history with the United Nations that dates back to its founding in 1945.

"We are determined to revitalize Canada's role in peace-keeping," Trudeau said.

He said that his government has made pushes forward in

recent months on issues like gender equality, refugee resettlement, respect for diversity, stability in the Mideast and answers to climate change, all of which are in sync with UN goals.

Under the Charter, the Security Council has primary responsibility for the maintenance of international peace and security. It has 15 members, and each member has one vote. Under the Charter, all member states are obligated to comply with Council decisions.

The Security Council attempts to settle disputes peacefully and makes recommendations for terms of settlement in disputes. It can also impose sanctions and authorize the use of force.

The 190-plus members of the General Assembly won't vote on new candidates until the fall of 2020 so it will take at least five more years before Canada could start a two-year term.

That means Trudeau will have to win another federal election in 2019 if he wants to personally see Canada come "back."

TORSTAR NEWS SERVICE,
WITH FILES FROM THE CANADIAN PRESS

PM wants family friendly Parliament

Setting aside parental leave that can only be taken by fathers may be a way of improving the flexibility available to young families, Prime Minister Justin Trudeau said Wednesday before a clearly approving audience at the United Nations.

He said it is important to encourage parental leave and

even single out leave just for dads. He said he and his government are trying to make Parliament more family friendly, saying it's time to update an institution "designed for old, white guys."

Businesses and organizations can be encouraged to be more open to equality, he added. THE CANADIAN PRESS

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IN BRIEF

American sentenced to 15 years in North Korea

North Korea's highest court sentenced an American tourist to 15 years in prison with hard labour for subversion on Wednesday, weeks after authorities presented him to media and he tearfully confessed that he had tried to steal a propaganda banner.

Otto Warmbier, 21, a University of Virginia undergraduate, was convicted and sentenced in a one-hour trial in North Korea's Supreme Court.

THE ASSOCIATED PRESS

Morocco cuts peacekeeping

The Moroccan government is reducing its staff and support for the UN peacekeeping operation in the Western Sahara to protest UN Secretary-General Ban Ki-moon's recent comments about the disputed territory. Ban recently visited Saharan refugee camps and referred to Morocco's "occupation" of Western Sahara, a former Spanish colony that was annexed in 1975. Morocco regarded the term as an insult. THE ASSOCIATED PRESS

U.S. SUPREME COURT

Obama nominates successor to Scalia

Ignoring Republican threats, U.S. President Barack Obama nominated appeals court judge Merrick Garland to the Supreme Court on Wednesday, thrusting a respected moderate jurist and former prosecutor into the centre of an election-year clash over the future of the nation's highest court.

Obama cast the 63-year-old Garland as "a serious man and an exemplary judge" deserving of a full hearing and a Senate confirmation vote, despite Republican vows to deny him both. Standing in the White

House Rose Garden with Garland, Obama argued the integrity of the court was at stake and appealed to the Senate to "play it straight" in filling the seat left vacant by the death of Justice Antonin Scalia.

"It's supposed to be above politics," Obama said of the high court. "It has to be. And it should stay that way."

Republican leaders, however, held to their refusal to consider any nominee, saying the seat should be filled by the next president after this year's election.

THE ASSOCIATED PRESS



U.S. President Barack Obama walks with Judge Merrick B. Garland, before announcing his nomination to the Supreme Court, Wednesday. GETTY IMAGES



Syrian refugee Mariam Aloush, 8, from Homs, Syria, poses for a picture at an informal tented settlement near the Syrian border in Jordan. "I remember our home in Syria and my school there. I just want to go back," said Mariam.



Syrian refugee Mohammed Bandar, 12, from Hama, Syria. "I want to become a doctor to be able to help people," said Mohammed.



Syrian refugee boy Ahmad Zughayar, 6, from Deir el-Zour, Syria. "I remember the sound of bombings on homes in Deir el-Zour," said Ahmad.



Yasmeen Mohammed, 11, from Eastern Ghouta, Syria. Yasmeen, whose family fled their town, said she misses her old life. "All I want is to go back to my school in Syria and see my friends," she said.

ALL PHOTOS MUHAMMED MUHEISEN/THE ASSOCIATED PRESS



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Syrians mark fifth year since uprising

CONFLICT

War rages on as Moscow rises, U.S. retreats, Syria suffers

As Syrians mark the fifth anniversary of the uprising against President Bashar Assad, here are some of the key events in the conflict:

March 2011: Protests erupt in the city of Dara over security forces' detention of a group of boys accused of painting anti-government graffiti on the walls of their school. On March 18, security forces open fire on a protest in Dara, killing four people in what activists regard as the first deaths of the uprising.

August 2011: U.S. President Barack Obama calls on Assad to resign and orders Syrian government assets frozen.

March 2013: After advancing in the north, rebel forces capture Raqqa, a city of 500,000 people on the Euphrates River and the first major population centre controlled by the opposition.

August - September 2013: A chemical weapons attack in the Damascus suburbs kills hundreds. Obama, blaming Assad's government, says the U.S. has a responsibility to respond and puts it to a vote in Congress. Russia proposes instead that Syria give up its chemical weapons, averting military strikes.

October 2013: Syria destroys its chemical weapons production equipment.

June 2014: Syrians in government areas vote in presidential elections. Assad, one of three candidates, overwhelmingly wins with 88.7 per cent.

August 2014: Islamic State of Iraq and the Levant (ISIL) militants release video of the beheading of American journalist James Foley, the first of five

Westerners to be beheaded by the group.

September 2015: Russia begins launching airstrikes in Syria in support of Assad's forces.

November 2015: Seventeen nations meeting in Vienna adopt a timeline for a transition plan in Syria that includes a new constitution as well as UN-administered parliamentary and presidential elections within 18 months.

February 2016: Indirect peace talks between the Syrian government and opposition in Geneva collapse a few days after starting, over a Russian-backed Syrian army offensive in Aleppo. The U.S. and Russia announce a partial ceasefire in Syria will start Feb. 27.

March 2016: The UN's Syria envoy says indirect peace talks will resume in Geneva on March 14. Russian President Vladimir Putin also announces that his armed forces will begin withdrawing from Syria.

THE ASSOCIATED PRESS



NEWSPAPERS PUBLISHER STEPS DOWN John Cruickshank has announced he is stepping down as publisher of the Toronto Star and president of the Star Media Group, effective May 4. His final day coincides with Torstar's annual meeting. He will continue to serve as co-chairman of Canadian Press Enterprises (CPE) and as one of Torstar's directors on the CPE board. "Today, I am announcing that I'm ready to leave scaling new journalistic heights to someone with less-arthritis limbs and more recently acquired tools and skills," Cruickshank said in a statement on Wednesday.

TORSTAR NEWS SERVICE

Women get career help

RETURN TO WORK

Program aims to get women in finance back on track

In 2012, after a 12-year career working for global investment banks in Asia and the United States, Meric Koksai did what many women do at some point in their lives: she put her career on pause.

Koksai wanted to spend more time with her two young daughters and pursue her interest in pilates. After three years, Koksai moved to Canada in 2014 with an eye to getting back into finance.

Through her networking efforts, Koksai discovered the Return to Bay Street Program, run by advocacy and networking group Women in Capital Markets.

The program, now in its fifth year, has helped 22 women including Koksai return to their careers in finance by setting them up with four-month paid contracts at large Canadian financial institutions. Twenty-one of those women have since landed full-time jobs.

This year, Return to Bay Street is expanding to Mont-



Meric Koksai, pictured on the CIBC trading floor in Toronto.

CHRIS YOUNG/THE CANADIAN PRESS

real, starting with a workshop next Tuesday that will help candidates prepare for the application process.

Jennifer Reynolds, the president and CEO of Women in Capital Markets, says she hopes some of the contracts secured for applicants this year will be in Montreal, where National Bank, one of the participating financial institutions, has a sizable presence.

Reynolds says part of the program's success has been rooted in the fact that it allows women to re-enter the industry at a similar level to where they were when they left — rather than starting from scratch in a junior position such as an associate.

THE CANADIAN PRESS

ANTI-BIAS EDUCATION

New app splits cheque based on privilege



A new app can help you check your privilege when it comes time to split the cheque.

EquiTable takes a restaurant bill, divides it by the number of diners and adjusts how much each person owes based on the wage gap between genders and races. So, a white

man out for dinner with a black woman would fork over more cash to cover the bill.

"It doesn't split the bill equally; it splits it equitably," said the app's creator, Luna Malbroux, who noted the wage gap calculation is based on data from the U.S. Bureau of Labour Statistics.

Malbroux, a comedian and anti-bias educator from California, admits the app has its tongue planted firmly in

"It doesn't split the bill equally, it splits it equitably."

Luna Malbroux, EquiTable creator

cheek but said it's a fun way to start a conversation about a serious issue.

"I hope it helps people

think a little bit more about how the wage gap affects different people," she said.

In Canada, a recent report showed women earn an average of \$8,000 less a year than men, a wage gap that's twice the global average.

Malbroux said the gap grows larger when factors such as race or disability are factored in.

EquiTable plans to launch on iOS later this week.

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CHANTAL HÉBERT ON LEADERSHIP ON THE LEFT



Most New Democrats would not be terribly unhappy to see Mulcair bow out. But those who believe he is all that stands in the way of a less centrist NDP are taking their dreams for reality.

As the New Democrats ponder the future of their federal party and leadership, here are a few inconvenient truths they might have to face up to.

1 Yes, the NDP lost the last federal campaign on a fiscal and social platform that the Liberals could have written. The key planks of yearly balanced budgets and a national childcare program were lifted from outdated red books. It was a decidedly middle-of-the-road document.

But the party has also never won an election on a platform that was not centrist. That was true in Saskatchewan in the days of Alan Blakeney and Roy Romanow, and in Manitoba under Howard Pawley, Gary Doer and Greg Selinger.

Over the last decade Nova Scotia's NDP hugged the centre all the way to a solo term in government. And Rachel Notley did not win power in Alberta last spring on the promise of a socialist revolution.

Overall, the NDP has tended to do best in provinces where it could substitute itself for a weak Liberal party. But a stronger New Democrat presence has not translated into more progressive governance in those provinces than the Canadian average.

In the big picture, the NDP's finish last October was its second-best ever. By comparison, the last time

The NDP has tended to do best in provinces where it could substitute itself for a weak Liberal party.

voters had coalesced behind the Liberals to usher out the Conservatives was 1993 and the New Democrats were left with nine seats, three short of the minimum required to

bia, Ontario and Alberta — to name just those three — will all be going to the polls before 2019.

Some NDP activists would have the federal party adopt



MIDDLE MAN The problem with the NDP's 2015 federal-election platform under Thomas Mulcair was not that it veered too far to the centre, but that it was risk-averse and forgettable, Chantal Hébert writes. THE CANADIAN PRESS

hold official party status in the House of Commons.

From the outside, one of the glaring weaknesses of the last NDP platform was not that it leaned too far to the right but that it was risk-averse to the point of being eminently forgettable. But then, the same could be said of Jack Layton's 2011 platform.

2 The next federal election is almost four years away and the prospect of a national victory for the NDP is possibly even more remote. But the party does not live or die on the sole basis of its federal performance. British Colum-

the so-called LEAP manifesto. It would, among things, commit a New Democrat government to reject trade deals, oppose new pipelines and ensure fossil fuels stay in the ground.

For the record, the Greens have promoted some of the LEAP ideas for a while and found only modest traction for them. And in the last British Columbia election, NDP fortunes went in decline after the party firmed up its anti-pipeline rhetoric. It was a strategic move designed to make a dent in Green support but ultimately a call that cost more votes than it attracted.

The NDP would be more likely to implode than to ever unite behind the LEAP manifesto.

3 It is an urban legend that the 2012 leadership campaign saw the federal New Democrats choose the quest for power over party principles. In fact, the winner, the runner-up and the third-place candidate in that race were all political pragmatists.

Mulcair had spent his provincial political career on the Liberal benches of the national assembly in Quebec. But Brian Topp — who finished second — had cut his teeth in the backrooms of Romanow's centrist Saskatchewan governments and helped steer the federal NDP in the same direction under Layton. Nathan Cullen finished a strong third on a platform to seek a formal alliance with the Liberals.

When some defeated MPs opine that they no longer recognize the NDP in the party that Mulcair leads, one can only wonder what they think it would have looked like under the men who were the second and third choices of the membership three years ago.

Most New Democrats would not be terribly unhappy to see Mulcair bow out. He might not even earn enough support on a confidence vote next month to stay on. But those who believe he is all that stands in the way of a less centrist NDP are taking their dreams for reality. If the New Democrats' choices boiled down to keeping their current leader or going hard left, my money would be on Mulcair.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD metroview

The media couldn't have helped Trump more if he paid us

We knew we were doing it. We just couldn't help ourselves.

And if Trump makes it to the White House, many will blame the media, in part, for his victory.

Who could argue with them? The coverage has been overwhelming. From the start, we were hooked on Trump like a bad habit. He was the headline we couldn't run enough.

Sure, readers devoured the jokes and think pieces. But if he wins, we're going to have to lie in the bed we helped make. And it's going to be prickly as hell.

We're all going to get the Megyn Kelly treatment, and already are. During last night's primary victory speech, amid jeers from the crowd, Trump accused the media of "lies, deceit, viciousness, disgusting reporters, horrible people." Not only will Trump call us names, restrict our access, and generally infringe on our ability to do our job — but his supporters will love him for it.

And we're going to feel a lot like Republican leaders: sheepish that we didn't see it coming, this toppling from our pedestal, this hollowing-out of respect. Because the media, in the eyes of Trump-lovers, Sanders-lovers, and many others, are the establishment. And we should burn right along with it.

How ironically well we've

aided that message. While the New York Times has been accused of being the mouthpiece for Hillary Clinton's campaign, and Fox News for Marco Rubio's, every American media outlet and many international ones have combined to become Trump's megaphone. We couldn't have done any better if he paid us. When the Times measured Trump's paid advertising versus free media coverage this week, his lead was gargantuan: nearly \$1.9 billion worth of free media. Clinton was second, with less than half that. The best of the others had less than a quarter.

Yes, I'm adding to the total. But then again, Trump can't be ignored. And if Canadians think we're immune from the forces propelling his candidacy, we should think again. Many mainstream media skeptics reside north of the border. We, too, have income inequality and racism. We, too, are witnessing dramatic social and economic change. And we have our own corporate reality TV star (Kevin O'Leary) waiting in the wings to pet egos and dull intellect.

No, we're not the U.S. But populism is also rising in Europe. Why not here? A popular meme calls Trump "what would happen if the comments section became a human and ran for president."

Read the comments sections on Canadian sites, and tell me that joke doesn't land.

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Memoir out of Antarctica

TORSTEN BLACKWOOD/AFI/GETTY IMAGES

WRITER-IN-RESIDENCE

Author reveals reality of life of isolation on ice continent

**Sue
Carter**
For Metro Canada



The closest most of us will ever get to Antarctica is watching nature documentaries or animated films starring dancing penguins. For those willing to hand over the cash, there are cruises that offer "drive-by" views of its icebergs and seal colonies, but few have actually set foot on the world's coldest, southern-most continent, let alone live there for any amount of time.

"When you go to the Antarctic you're initiated into a select society," says author Jean McNeil. "It's a little bit like being part of the NASA team; it's like you're off the planet. The rest of the world peels away while you're there."

For four months in 2005, the Nova Scotia-born author became part of that select society as a writer-in-residence with the British Antarctic Survey, working and living alongside a team of scientists. McNeil,

who previously wrote a novel and poetry collection inspired by Antarctica, never intended to write a memoir about the experience, but her new book, *Ice Diaries*, is a welcome literary-minded addition to a category of books dominated by male explorers.

Published by ECW Press, *Ice Diaries* blends McNeil's journal entries with ruminations on the harsh environment and climate change, woven with a side storyline about her rough upbringing in Eastern Canada that she recounts as being filled with its own dangers and hardship. McNeil, who now lives in London and teaches creative writing at the University of East Anglia, often had to justify her presence as a novelist to the team of geologists and oceanographers. "It's hard to not to feel very useless in an environment where so many people are so capable," she says. "Everyone else there could look at each other and know what they were doing; they knew so-and-so was there



**It's like you're off the planet.
The rest of the world peels
away while you're there.**

Jean McNeil on her time in Antarctica

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to put up meteorological balloons. But with me, I had a lot of explaining to do."

As an active member of the team, McNeil expanded her scientific knowledge, developing a particular interest in glaciology. She also learned about her

own limits while battling an intense sense of entrapment and paranoia, brought on not just from being geographically isolated, but from living and working in close quarters with a tightknit group of people.

"I felt very claustrophobic and confined," she says. "When you have those powerful emotional swings in one's normal life there are ways you can mitigate that. You can go for a walk in the park or see your friends or family, or go have a coffee at a Starbucks or wherever. Symbolically here,



Author Jean McNeil adds a memoir, *Ice Diaries*, to her novel and poetry collection based on her experience of living as a writer-in-residence in Antarctica. CONTRIBUTED



wrote the book partly on behalf of the Antarctic, knew she would have to dispel the romance of the place and be honest about the challenges she faced. "People are expected to come back and deliver 'it was the most wonderful time of my life' narrative. The writer, of course, is that person who deals in much more grey areas," she says. "The Antarctic is a very good way to get to know yourself."

there's no escape from your emotions. I think a lot of people make a mistake in thinking that when you go to place like that, it's all about the landscape and the natural wildlife, but what it really is about is other people."

McNeil, who says she

Sue Carter is the editor at Quill & Quire magazine.

Finding humour in her depression

REVIEW

How Melissa Broder turned Twitter feed into book deal

"I've been awake 7 minutes and it's already too much," reads a tweet from @SoSadToday.

Melissa Broder started the anonymous Twitter account while working in publicity at Penguin Random House as a place to exercise dark humour and attempt to empty out her anxious thoughts.

As her followers grew into the hundreds of thousands, in-



so sad today @sosadtoday · Mar 10

my longest relationship is my bad relationship with food



so sad today @sosadtoday · 22h

what you call a nervous breakdown i call oops, accidentally saw things as they are

cluding celebrity names such as Katy Perry, it snowballed into a column for VICE.

At VICE, Broder still wrote anonymously, experimenting with essays, advice and interviews with porn professionals. Broder, a published poet in her early 30s, kept her name off her

work until last year when she secured a book deal based on the concept.

So Sad Today is an extension of Broder's Twitter account, with 18 personal essays touching religion, addiction, extramarital affairs, counting calories and Botox.

The book is intimate, un-

filtered and painfully honest — for instance, there's an entire chapter on her vomit fetish. Broder told Rolling Stone she dictated most of the book to Siri while driving around Los Angeles, which explains why it reads like a stream of consciousness rather than something carefully and deliberately constructed.

The advantage of this form is it gives reader a raw portrayal of how Broder experiences depression and anxiety — how she manages suicidal thoughts, found the right mix of medication and her reasons behind meditation.

She communicates what a big part of her life her illness is while remaining able to see humour in it. "The ocean gives me performance anxiety about being at peace," she writes.

Although she writes that she's constantly fretting about what people think about her, Broder is still open (and funny) when addressing her shortcomings — ranging from her struggles with addiction to romance: "I've been romantically obsessed with so many people that I've kind of become a getting-over-the-fantasy-of-people athlete."

But this immersion into Broder's thoughts can also feel like an unedited Internet diary, one that many may roll their eyes at as a quintessentially millennial form — self-absorbed, devoting



The ocean gives me performance anxiety about being at peace

Melissa Broder

a chapter to a sexting exchange.

If you're looking for a deep, thoughtful memoir addressing mental illness, this may not be the book for you. If you're

looking for a window into one woman's experience with this illness in an age where someone is always watching, it's worth a try.

TORSTAR NEWS SERVICE



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(1) Taxes (including government 911 fees) and charges for pay-per-use services (such as long distance, roaming and additional airtime or data) are extra.

OUTERWEAR OR STATEMENT WEAR?

Ditch your down fill: Montreal designer craves return to coats for every occasion

Marisa Minicucci believes it's time for coats to be the focal point of the wardrobe.

"It's the piece that every woman should really think (about) and re-evaluate, and make it the statement piece," said the veteran Montreal-based designer, with more than three decades of industry experience.

"The puffer (coat) is great

and there's beautiful ones out there, but now it's time to return to a coat for every occasion."

Minicucci is the lead designer of new outerwear label Sosken Studios, which showed at Toronto Fashion Week on Tuesday. Sosken is the Norwegian word for "sister."

With a glowing neon sign bearing the label's name at the entry to the runway, and miniature lights lining the



walkway, Sosken unveiled a vast range of outerwear offerings each etched with distinctive details.

Coats were adorned with everything from epaulettes to houndstooth sleeves, with a rich assortment of colours and patterns for all tastes, including creamy neutrals and more richly-hued shades.

THE CANADIAN PRESS



JOHANNA SCHNELLER
WHAT I'M WATCHING

HoC's maternal manipulation



In the cynical world of *House of Cards*, Claire Underwood (Robin Wright, bottom) may stand to benefit from the sympathy vote if her mother, Elizabeth (Ellen Burstyn, top), passes away before the election. CONTRIBUTED



THE SHOW: *House of Cards*, Season 4, Episode 10 (Netflix)
THE MOMENT: The Deathbed

Claire Underwood (Robin Wright), who's running for U.S. vice-president, is talking to her mother Elizabeth (Ellen Burstyn), who wants Claire to hasten her imminent death.

"When you were small, you would sit at that window every night, trying to make the sun rise all by yourself," Elizabeth says. "Your daddy would put you in bed after you'd fallen asleep with your face against the glass. I was so jealous."

"Of me and daddy?" Claire asks.

"That you believed you could make the sun rise," Elizabeth answers.

"I can't do it, Mother," Claire says. "I can't do what you want me to do."

"Claire," Elizabeth says flatly. "It would help you win."

I was relieved when this scene came along, because I was losing patience with this

season, and this show. It's at once too cynical (there is not one decent soul in all of government) and too silly (a husband and wife running for president and VP? Come on).

House of Cards' strength, however, is scenes like the one above: the dramatization of how easily people are manipulated, even (or especially) if the end result is not in their best interests.

Its writers couldn't have anticipated the absurdist reality show that is Donald Trump. But both point up the risk of democracy. A vote is a vote, no matter how under-educated, narrow-minded or loopily sentimental the voter. As threatening as Frank Underwood (Kevin Spacey) tries to be, there is nothing more dangerous than a citizen with his/her hand on the wrong lever.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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MEET THE CONDO

Sleek townhomes ready for spring

HUNTCLUB TOWNS



CONTRIBUTED

Project overview

Buyers have already been moving into Huntclub Towns, a new development of terraces and townhomes by Theberge Homes. The sales process began in December of 2013, and they are currently constructing another stage, which will be ready for occupation this spring.

Housing amenities

The townhomes have a sleek, modern exterior look that combines sharply angled rooflines with wood, metal and brick accents. The three-storey homes include parking and six appliances. They are designed with 10 foot ceilings and huge windows, making the rooms feel spacious and bright.

Location and transit

The site is minutes away from transit routes, including the O-Train and the upcoming light rail system. It takes about 20 mins to get downtown by bus. Huntclub Towns is also really close to South Keys and can be accessed by main roads such as Huntclub and the Airport Parkway.

In the neighbourhood

Huntclub Towns is conveniently near to various stores, cafés and restaurants. Parks, a golf course and other recreational activities are also nearby. Not far from Nepean, the area offers a pleasant urban setting and is also an easy distance from the attractions of downtown Ottawa. ILANA REIMER/FOR METRO

+ NEED TO KNOW

Developer: Huntclub Towns
Builder: Theberge Homes
Designer: Roderick Lahey Architect Inc.
Location: 3700 Downpatrick Rd.
Building: Townhomes and terraces
Size: 735 sq. ft. to 1,562 sq. ft.

Pricing: From \$175,000 to \$404,000
Model: One to three bedrooms and 1.5 to 2.5 bathrooms
Status: Now selling
Occupancy: Anytime
Info: 3700 Downpatrick Rd.; 613-680-5767



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Canada's Milos Raonic advanced to the quarter-finals of the BNP Paribas Open with a 6-4, 7-6 win over Tomas Berdych

IN BRIEF

Bayern back from the dead to down Juventus

Thomas Mueller equalized in the first minute of injury time and Bayern Munich scored two more goals in extra time to complete a thrilling comeback for a 4-2 victory over Juventus and a place in the Champions League quarterfinals on Wednesday.

Elsewhere Barcelona's big three of Lionel Messi, Luis Suarez and Neymar all scored to beat Arsenal 3-1, sending the defending champions into the quarterfinals for a ninth consecutive season with a 5-1 victory on aggregate. THE ASSOCIATED PRESS

New Kiwi to take charge

Rugby Canada is reportedly tabbing another New Zealander to coach the men's national team.

The New Zealand Herald says Mark Anscombe has been offered the job. Anscombe previously coached Ulster in the Guinness Pro 12, Auckland in the ITM Cup and the New Zealand under-20 side that won the 2011 IRB Junior World Championship. THE CANADIAN PRESS

LeBron told to take a rest

Cavaliers star LeBron James sat out Wednesday against Dallas, part of the team's plan to rest him before the playoffs.

Coach Tyronn Lue announced the decision not to play James about 90 minutes before tipoff against the Mavericks.

THE ASSOCIATED PRESS

GMs take a look but leave lottery to luck

NHL

No appetite to change draft order system as Oilers thrive

The Edmonton Oilers are just two points ahead of the last-place Toronto Maple Leafs entering action Wednesday and stand a fair chance of landing the first overall pick for the fifth time in seven years.

But evidently there's no appetite amongst the league's GMs to tweak the rules regarding the draft lottery.

"There was no sentiment to make a change right now," NHL commissioner Gary Bettman said following the third and final day of the GM's meetings.

The NHL shifted the lottery system two years ago, implementing changes that lowered the odds of lottery success for the league's worst teams. The process this year will see three lotteries performed for the top three picks.

"There's no incentive to lose now," said Ottawa Senators general manager Bryan Murray. "They're used to be."

"Now the odds are not necessarily in your favour. You get (a) 20 per cent chance. The Toronto Maple Leafs, if they happen to be the (last-place) team, they have 20 per cent chance only. I think anybody



Auston Matthews is widely expected to be first pick in the 2016 draft. RONI REKOMAA/GETTY IMAGES

that questions it now is wrong."

Some general managers, including St. Louis's Doug Armstrong, expressed interest in devising a rule that prevented teams not last in the standings from winning the draft lottery multiple times in a short period.

"The theory is that if you finish last you always have a chance to win the lottery," Armstrong said. "But if you didn't finish last and win the lottery, you can't do it again for another five years."

That would have limited fu-

ture scenarios such as the one that saw the Oilers, third-last overall last season, land the top prize in Connor McDavid in 2010, 2011, and 2012.

The plan seemingly didn't gather much support. That could change, though, if Edmonton happens to land the first overall pick again this year with another prize in Auston Matthews available.

"Things like that happen when you have a lottery," Bettman concluded.

THE CANADIAN PRESS

NO CTE MOVE

The NHL won't comment on an NFL executive's recent acknowledgment the brain disease CTE can be linked to football because it's not "necessary or appropriate". When asked at the GMs meeting to comment, Gary Bettman stuck to his position that the league isn't going to get into a public debate.

THE CANADIAN PRESS

CFL

Alouettes stick with their men

After sacking two head coaches in three years, the Montreal Alouettes just wanted continuity on their coaching staff.

So most of the same group that ended the 2015 season, one that saw Montreal miss the playoffs for the first time in 20 years, is back. It starts with head coach/GM Jim Popp.

The hope is continuity will result in more wins in 2016.

"Having changes of the head coach and the co-ordinators doesn't help," Popp said Wednesday at the team's Olympic Stadium locker room. "Consistency and having a lot of the same people is much better, there's no question."

Coaching has been a mess since Marc Trestman's five-year tenure ended in 2012. The following season, Dan Hawkins lasted only five games before Popp had to step in.

Tom Higgins was fired after eight games last season as Popp returned to the sidelines.

"It's just pressure," said Popp. "We've created a winning tradition here."

THE CANADIAN PRESS



Jim Popp THE CANADIAN PRESS

COLLEGE BASKETBALL

Five Canuck stars to watch as March descends into Madness

Canadian basketball players have been starred in the NCAA, and this year's crop is no different. Here are five players to watch in NCAA's March Madness:

Jamal Murray, Kentucky

The 19-year-old guard from Kitchener, Ont., has quickly become one of the finest players ever to represent the storied Wildcats program.

He's the highest



Jamal Murray
THE ASSOCIATED PRESS

scoring freshman in school history and leads the team with 20.1 points a game.

He's also a proven big-game performer, helping Canada to a silver medal at last summer's Pan American Games. He's earned the nickname "Blue Arrow" for his bow-and-arrow celebration.

Dillon Brooks, Oregon

The forward from

Mississauga, Ont., helped the Ducks to their first-ever No. 1 tournament seed. Brooks' improvement in his sophomore season has seen him start every game and lead the team in scoring (17.1 points), while shooting 47 per cent from the field.

His standout regular season saw the Canadian national team player earn All-Pac 12 honours.

Dyshawn Pierre, Dayton

The senior forward from Whitby, Ont., has bounced back

from a suspension that sidelined him for the fall semester to lead the Flyers in rebounding (8.6). He is second in scoring (13.0).

Pierre has been a solid contributor to a team that has made three straight tournament appearances.

He also was part of the star-studded Canadian under-17 team that won bronze at the 2010 world championships.

Kia Nurse, Connecticut

The 20-year-old from Hamilton became a household name last summer when she led Canada to Pan Am Games gold and carried the Maple Leaf in the closing ceremonies.

She'll be in the international spotlight again at this summer's Rio Olympics. Nurse has started every game this college season as a major contributor to a Huskies



Kia Nurse
THE ASSOCIATED PRESS

team (32-0) that's seeking an unprecedented fourth consecutive women's NCAA title.

Ruth Hamblin, Oregon St

The six-foot-six "Canadian Hammer" from Houston, B.C., was named the Pac-12's defensive player of the year for the second consecutive season, and recently broke the conference record for blocks.

Hamblin is averaging 11.4 points, nine rebounds, and 3.41 blocks per game.

THE CANADIAN PRESS

RECIPE Shrimp and Vegetable Spaghetti

Ceri Marsh & Laura Keogh
For Metro Canada

This dish is chock full of vegetables and herbs but, more importantly, it yields lots of leftovers.

Ready in
Prep time: 20 minutes
Total time: 50 minutes
Serves 8 to 10

Ingredients

- 1 yellow zucchini, sliced in half lengthwise
- 2 portobello mushrooms, stems removed, caps scooped and halved and then cut crosswise into slices
- 1 red pepper, sliced into quarters
- 1/4 cup olive oil
- 2 Tbsp balsamic vinegar
- 4 cloves garlic, chopped
- 1 Tbsp fresh chopped oregano
- 1 Tbsp fresh chopped rosemary
- 1 Tbsp butter
- 1 lb thawed peeled deveined shrimp
- 1 box of spaghetti
- 2 large meaty tomatoes, sliced into chunks
- 1 container marinated artichoke hearts, plus a drizzle of its oil
- 1 cup feta cheese, plus some of its water
- 1 handful fresh chopped basil

Directions

1. Preheat oven to 400 F.
2. Toss the zucchini, mush-



PHOTO: MAYA VISNVEI

rooms and red pepper with 2 Tbsp of olive oil, balsamic vinegar, 2 cloves of garlic, oregano and rosemary to coat.

3. Place vegetables on greased pan and roast in the oven; turn vegetables once and cook until tender, about 30 minutes.

4. Remove to platter and allow to cool slightly so you can handle them to slice. Slice the vegetables into bite size pieces.

5. In a large skillet over medium heat, add butter and two cloves of garlic and cook until aromatic, about 1 minute. Add the shrimp and cook until they are pink, about 5 minutes. Remove the shrimp and juices from the pan and set aside.

6. Meanwhile, in a large saucepan of salted boiling water, cook pasta according to package directions. Drain and place the pasta in a large mixing bowl.

7. Drizzle the rest of the olive oil into the pasta. Toss the vegetables, as well as the shrimp and their buttery juices into the spaghetti and serve with feta and basil.

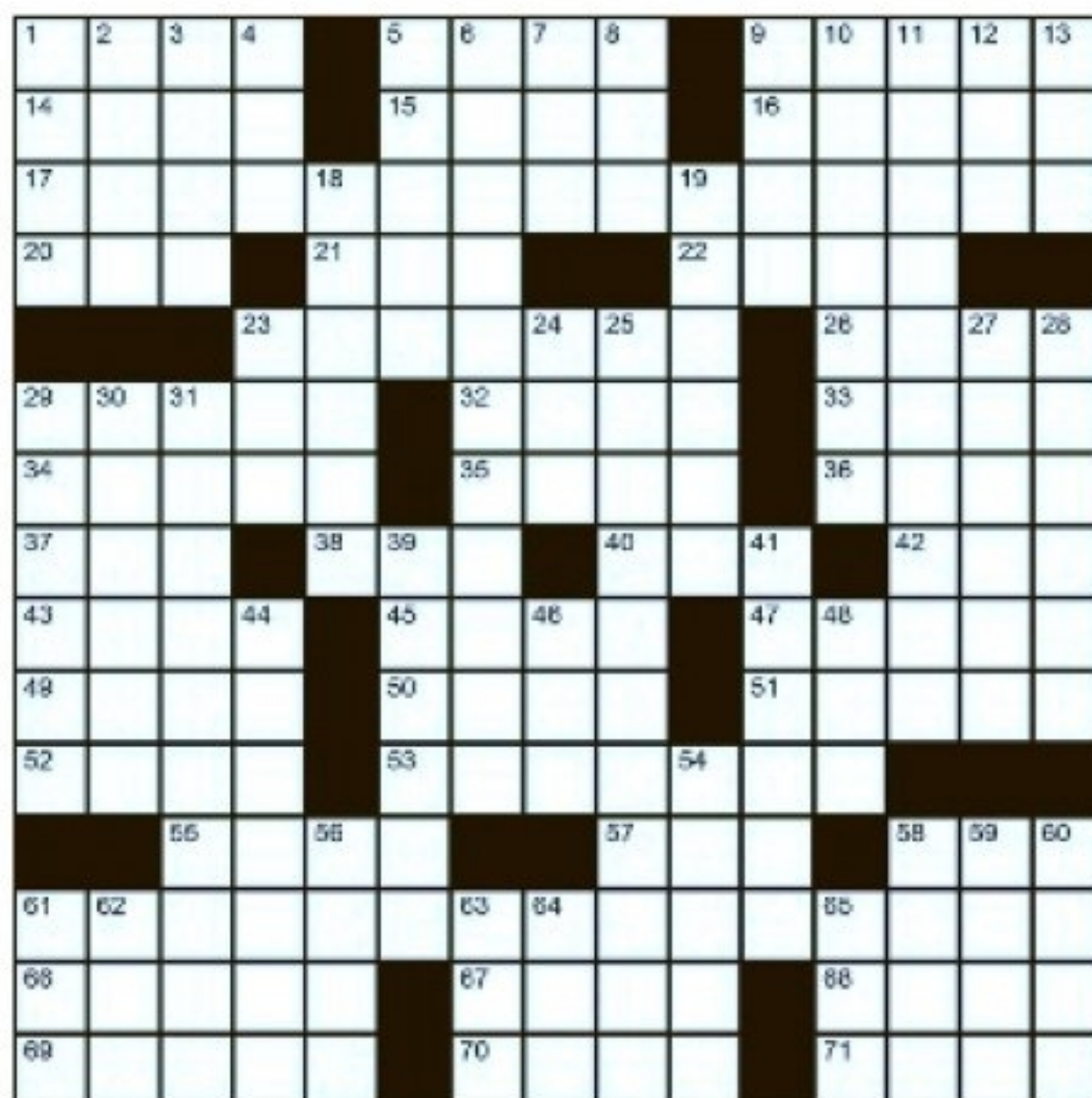
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Irish __ of Tara (Arms of Canada symbol)
5. Performs pluses
9. Uncle on "Full House"
14. Give __ (Theatrically prompt)
15. Actress Jessica
16. Currency exchange fees
17. Irish playwright Samuel Beckett's famous production: 3 wds.
20. Canadian ID
21. Ms. Ryan
22. Art Deco designer
23. Chesterfield components
26. Chemical suffixes
29. Zep's "Whole __ Love"
32. Not masc./Not fem.
33. Trigonometry ratio
34. Shreddies-eater's need: 2 wds.
35. Reaper's adage, " __ sow, so shall..."
36. Ernest G. Bilko's rank [abbr.]
37. Rock logo insurance co.
38. Residue variety
40. LPs replacers
42. Big song
43. Knight titles
45. Fizzy beverage
47. "Me, Myself & __" (2000)
49. Architect Mr. Saarinen
50. Banned orchard spray
51. Tightwad
52. Trim



53. Sculpture like the real one
55. Ms. de Matteo
57. Roxy Music's Brian
58. Diving bird
61. Dublin's plays place, founded in 1904: 3 wds.
66. Sir William Cornelius Van __ (Canadian

- Pacific Railway bigwig in the 1800s)
67. Ghost's cry!
68. Stockings
69. Question-answering options, __ No
70. "Michelle ma belle / __ les mots..." - The Beatles
71. Traverse

DOWN

1. Hems and __ (Hesitates)
2. Amazon Rainforest berry
3. Destroy
4. 15th Prime Minister's monogram
5. Daisy Mae's beloved
6. Song by Cdn.

- rock group Big Sugar: 3 wds.
7. Word's li'l meaning
8. __-mo replay
9. Florida Panthers player Jaromir
10. Me Me ...and more Me
11. Fries and coleslaw: 2 wds.

12. Sault Ste. Marie's nickname, The __
13. East: French
18. Antelope of Africa
19. Caught one's breath
23. Queen ___. (Toronto thoroughfare)
24. Super __ (Old video game console by Nintendo, commonly)
25. Governor of Quebec, Sir __ aka Lord Dorchester (b.1724 - d.1808)
27. Fire truck
28. Irish __ (Sporting dog)
29. Expires
30. Comedian Conan
31. Lists of backstage demands in the world of rock: 2 wds.
39. Divine beetle in ancient Egypt
41. Big lake in Ontario
44. Maria Callas' voice
46. __ of luxury
48. River inlet
54. __ water (Up the proverbial creek)
56. Celebrity hairstylist Jose
58. Above
59. Constellation, __ Major
60. Really interested
61. Bible's 'your'
62. Gardening tool
63. Egg-shaped packaging beauty brand
64. " __-hoo!"
65. Sneezes starters...

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't get emotional over things you can't control. The state of the world may at times upset you but there is only so much you can do on your own. Use the talents you were born with to help those less fortunate.

Taurus April 21 - May 21
If you have to disappoint a friend then so be it — there's no point tying yourself in knots because you don't want to hurt their feelings. Sometimes you have to speak the truth.

Gemini May 22 - June 21
There have been storm clouds in your life of late but the outlook is improving and in a week there will be plenty of sunshine in your life. On the work front, don't be confrontational.

Cancer June 22 - July 23
You are under fortunate stars but your negative attitude is making things look worse than they are. A difficult situation will work itself out, so don't give in to doom and gloom.

Leo July 24 - Aug. 23
What is amusing to you may not be funny to everyone else, so don't laugh too loud or too long or you could offend people. Not everyone is as laid-back as you Leo.

Virgo Aug. 24 - Sept. 23
If you must point out where others are going wrong at least do so with tact. If you come across as rude and uncaring you will lose the support of colleagues who could have and should have been friends.

Libra Sept. 24 - Oct. 23
There have been major changes in your life but soon you'll understand why they had to happen and how they'll benefit you. Find reasons to smile — then have a wild weekend!

Scorpio Oct. 24 - Nov. 22
Travel and social plans may get delayed today but there's no point getting annoyed. If someone lets you down just accept it — it's hardly the end of the world.

Sagittarius Nov. 23 - Dec. 21
Don't be discouraged if what you've been working on these past few weeks does not seem to be making much progress. Keep plugging away and you'll get the breakthrough your efforts deserve.

Capricorn Dec. 22 - Jan. 20
It may be wise not to make your plans public until you're 100 per cent sure you're going to go through with them. The more people who know about them, the more unnecessary pressure you will put on yourself.

Aquarius Jan. 21 - Feb. 19
You may have a lot of tedious tasks to take care of but they won't feel like such a chore if you share the load. Call in a few favours.

Pisces Feb. 20 - March 20
If the route you were planning to take is blocked don't get angry about it — most likely it is the universe's way of telling you that you should be taking a different path. Few things in life happen without a reason.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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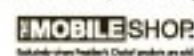
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